Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

LONDON metro®

$7,000,000 estimated
LOTTO 649
Tonight's Jackpot

TAP INTO FORKED RIVER

LONDON'S ONLY CRAFT BREWERY PUMPING FIRST BATCHES OF LOCAL SUDS ONTO MARKET PAGE 2

Arts flourish with start of Fringe Fest

The event — which runs to June 16 — will include 44 different theatre companies and 35 visual artists PAGE 4

RCMP bust grow-op guarded by ... Chihuahuas?

Investigators nab 430 marijuana plants in Langley, B.C. PAGE 6

Wedding Crashers take Internship

Owen Wilson, Vince Vaughn revert to familiar formula for new buddy comedy, Metro's Richard Crouse says PAGE 10

NEWS WORTH SHARING.

Passengers making their way to a waiting VIA Rail train bound for Toronto on Tuesday afternoon in London. MARK SPOWART/FOR METRO

VIA, CAW labour dispute could snarl commutes

72-hour notice.
Company mum on how schedules could be affected if workers go on strike across country

Some Londoners could be looking for a different way to make their commute if Canadian Auto Workers and VIA don't reach a contract deal in the next nine days.

Marilyn Fordgilboe is among those who stands to see her routine pinched if things don't shake out.

"I have the option of driving, I am lucky that way, but it is not very convenient because of how long it takes to get downtown," she said about her business trips to Toronto. "For me, it is wasted time on the road. I normally work on the way down (riding the train), and on the way back."

The CAW has issued a 72-hour notice to VIA, saying members will go on strike if a labour agreement isn't in place by June 14.

VIA declined comment Tuesday on what a strike could mean for train schedules, telling Metro it's "too early" to get into those kinds of details. But they said in a statement sent to Metro they are optimistic a deal can be reached.

A union official, however, is predicting work action could lead to fewer trains running along the Quebec City-Windsor corridor. "They simply would not have enough managers in the system" to keep going full steam ahead, said Brian Stevens, a national union rep.

The CAW represents about 2,000 VIA employees who handle everything from maintenance to ticket sales.

In a series of meetings across the country, union members voted 94 per cent in favour of strike action earlier this week. The parties have been negotiating since late October, according to the union.

"The truth is, we've been making progress," Stevens said about negotiations. "We're not seeing an employer, in my view, that's looking for a dispute, and, certainly, the union is not in this trying to bargain a dispute."

That said, pensions and benefits — which Stevens dubbed as "tough issues" — have yet to be settled.

ANGELA MULLINS/METRO

What does your freedom look like?
Turn to page 3

Brewery tapping into changing palates

Ale for sale. Forked River hits market as city's only craft brew

MARK SPOWART
london@metronews.ca

From stovetop brewing to filling mugs for the masses, London's only craft brewery is swinging open its doors.

Forked River Brewing Company — a project started earlier this year by a trio of Londoners — is officially letting the good times flow.

Dave Reed, Andrew Peters and Steve Nazarian delivered their first keg of beer last weekend to Milos' Craft Beer Emporium. It was emptied in a single afternoon, they said.

People will be able to buy their own bottles Saturday when sales start at the brewery.

Launched by Western University graduates and proud Londoners, the business's name draws on the city's history.

"We wanted to have something that Londoners could identify with," Reed said. "And the Forks of the Thames is really the epicentre of where brewing started here in London."

Reed and his partners plan on offering three selections of beer.

The first, called Capital Blonde, is described as an "easy-drinking blond ale full of malt and hop flavour."

The second is Riptide Rye, "a hop-flavoured pale ale with a generous portion of rye wheat."

And the third line will be seasonal beers offered on a limited release at various times during the year.

Selecting the variety of beers to brew was largely driven by the type of beer Reed and his buddies believed would be popular in London.

"We had to brew for where we are. If we were in Toronto or Ottawa where there are new breweries opening up all the time, we wouldn't necessarily brew the blond," Reed said. "(Blond) is a great beer. It's just that London doesn't have a craft brewery, and hasn't had one in about 15 years."

The beer market has changed significantly since the last craft brewery — Glatt Brothers — called London home in the 1990s, Reed said.

"We had the Glatt Brothers Brewery in the '90s, and they were probably 10 to 15 years ahead of their time," he said. "Back then, there was no Steam Whistle, no Mill Street, Muskoka was just opening up and Amsterdam was still a brew pub in Toronto.

"I think palates have changed in that time, and people are looking for beers from more local markets."

Taste for yourself

The company will open their doors to the public for the first time Saturday from 11 a.m. to 4 p.m.

- People will be able to drive up to the brewery at 45 Pacific Ct., pick up their beer and, maybe, even meet the men who made it.

Dave Reed, of London, an owner at Forked River Brewing Company, is ready to roll out kegs and bottles to every thirsty Londoner within arm's reach. MARK SPOWART/FOR METRO

Lack of hospital pharmacy inspections a 'grey zone': MPP

Jeff Yurek CONTRIBUTED

New oversight measures introduced in the wake of an unprecedented chemotherapy error have failed to address one of the largest gaps in Ontario's drug supply chain.

Since Cancer Care Ontario revealed in early April that more than 1,200 adults and children received weaker-than-prescribed doses of intravenous chemotherapy, government officials have scrambled to empower the Ontario College of Pharmacists to begin inspecting companies that mix and sell cancer drugs to Ontario hospitals.

But hospital pharmacies, which also mix and supply cancer drugs to patients every day, are not subject to regular inspections by the college.

"This is grey zone, part two," Elgin-Middlesex-London MPP Jeff Yurek says.

"I am shocked it hasn't come up yet," Yurek said. "I think it's generally assumed that most pharmacies would be overseen by the college. That's an area that the ministry's got to step in."

The issue was raised last month when the Ontario College of Pharmacists had an emergency meeting. In discussing the creation of new bylaws that would trigger inspections at a handful of companies that provide outsourced pharmacy services to hospitals, members expressed concern that the new inspection powers they were voting on did not extend to the hospitals themselves.

College registrar Marshall Moleschi said outdated legislation in Ontario's Drug and Pharmacies Regulation Act exempts hospitals and other health institutions from having to follow the same rules and regulations as community retail pharmacies.

"We need to have some modern legislation to be able to fulfil our role to (assure) the public that our system is safe and effective," Moleschi said.

TORSTAR NEWS SERVICE

At a glance

691

People receiving cancer treatment at London Health Sciences Centre — 691 patients, including 40 children — accounted for more than half of those affected by the diluted chemo drugs.

No good deed goes unnoticed in northeast

Can You Feel It? Local campaign to recognize positive interactions deemed a success

Residents of northeast London have spent the past several weeks proving that small acts of kindness really can make a difference.

The proof? A plethora of paper trees posted at community hubs nearly covered with certificates, noting all the good things people have done.

It didn't take long for the certificates to start rolling in. Soon after residents launched their Can You Feel It? campaign on May 15, the paper trees started showing signs of life, organizers said.

Now, with the effort officially over, the goal is to keep the momentum going.

"This merely kicks off the behaviour of going out of our way to notice all the wonderful things that people do in the community," said Will Graham, an organizer and northeast London business owner.

Final hurrah

- A celebration is planned at 1 p.m. Saturday at Northland Mall (1275 Highbury Ave.) to mark the end of northeast London's Can You Feel It? campaign.
- Certificates handed out for good deeds will be on display.

"Hopefully, that will spark residents to continue doing these deeds long after the campaign is over."

The deeds — ranging from attempts to stop bullying to helping people carry their groceries — all have a big impact, Graham says.

As for the campaign's goal — cleaning up negative images of a neighbourhood prone to gang activity and violence — Graham says headway was made.

"Far too much is made in terms of complaints, and not enough of the good things that happen," he said. "We believe that what gets rewarded, gets repeated."

JEREMIAH RODRIGUEZ/FOR METRO

Forum-goers seeing green

City engineer John Braam gives an overview of London's history with water infrastructure and conservation during a Tuesday environmental forum sponsored by the city and Labatt. The forum marked World Environment Day and was the first step in an effort to start a local Environmental Business Professionals Network. The network would be focused on long-term sustainability efforts. MARK SPOWART/FOR METRO

Apartment blaze

East-end fire injures one

Fire officials are investigating the cause of a Monday blaze that sent one person to hospital.

The fire was reported at about 5:45 p.m. in an upper-level apartment on Dundas Street between Hale and First streets.

Officials said a damage estimate and details about the victim's injuries were not available Tuesday. METRO

Roadwork

Construction to shut part of Dundas

Dundas Street will be closed at Burbrook Street on Wednesday as crews start a project that will include roadwork and rehabilitation of sewer and water infrastructure.

Eastbound traffic will be detoured onto Egerton and Florence streets. Westbound traffic will be routed to Florence via Highbury Avenue.

The street is expected to reopen June 19. METRO

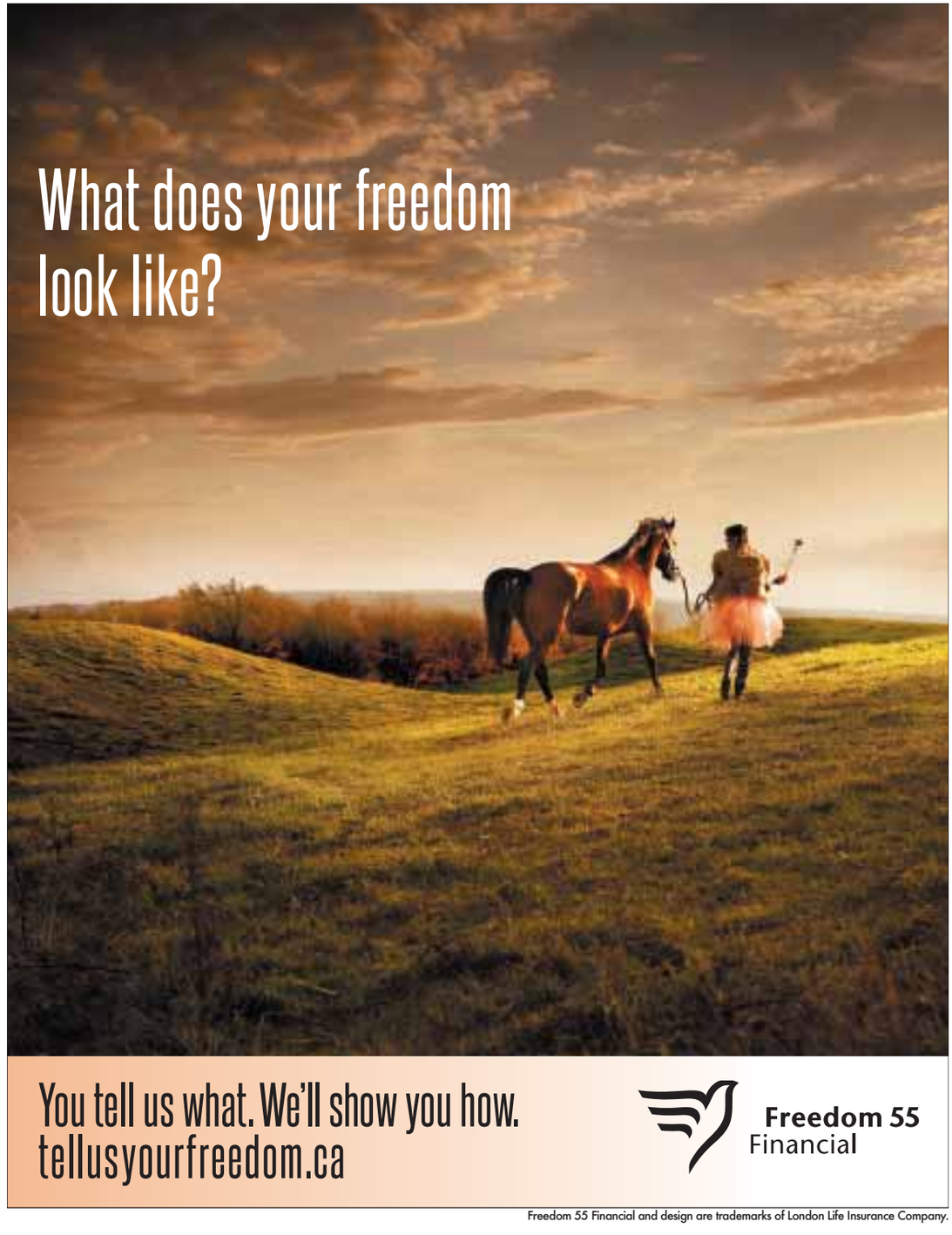
Air ambulance

Ornge choppers get clearance

Ontario's air-ambulance service is returning its grounded helicopters to work following a fatal crash of one of its choppers last week.

Ornge took its five remaining Sikorsky S76 helicopters out of service Friday as a precaution, just hours after the same kind of chopper crashed in Moosonee, killing all four staff on board.

Preliminary investigation results did not raise concerns regarding the S76 fleet, Ornge said in a statement. The investigation is continuing. THE CANADIAN PRESS



Freedom 55 Financial and design are trademarks of London Life Insurance Company.

Fringe Festival has arrived

The London Fringe Festival takes over the city Wednesday, gearing up 12 days of all the art — and in, some cases, off-the-wall acts — you can handle. Here's a small taste of what's on the playbill.

KEVIN HURREN/FOR METRO
london@metronews.ca

Occupy the Man Cave logo. CONTRIBUTED

Occupy the Man Cave

A year in the making, Occupy the Man Cave was truly a collaborative effort for creative director Robin Rundle Drake.

Of the play's six writers, five of them make up the cast of this comedic drama.

"We took a while to write this play, so that meant a lot of conversation and really hearing people's narratives about things that have happened in their lives," Rundle Drake said.

The play follows a group of women who, after discovering a new law forbidding women from entering a park, start a protest against the rule.

"Mayhem unfolds after that," said Rundle Drake.

Though the script is lighthearted, the play does deal with notions of patriarchy and how it affects both men and women — tackling the subject in a playful and poignant way.

The show is presented by Theatre Provocateur.

Why London Fringe Matters: "To have a vibrant arts community in any city is really important. It's an opportunity for people to get out and see some interesting theatre that's edgier," Rundle Drake said.

1

Shut The Front Door

Brandon Rudd and the rest of the Shut The Front Door Improv group saw this year's Fringe Festival as a way into the greater art community.

"We wanted to be involved more in the theatre scene here in London," said Rudd. "We've conducted a few shows at the London Music Club and have had some really great crowds."

Determined to bring something different to the festival, Shut The Front Door Improv is offering "high impact" comedy to festival goers.

This involves playing a series of games with audiences, something that is very important to Rudd.

"We're highly interactive with our audience. They're a big part of what we do and what out shows are," he said.

Why London Fringe Matters: "Having these large, well-organized festivals helps the art community become one and shows that you don't have to go to Toronto or other major cities in order to see great quality theatre and productions," Rudd said.

Shut The Front Door Improv gets a grasp on comedy as Jim Kelly, right, chokes a laugh out of fellow troupe member Brandon Rudd. BRANDON RUDD/CONTRIBUTED

2

Breath in Mvmt member David Em, centre, jumps at the chance to be part of Shape Shift, pictured with fellow cast members, from left, Zola Ncube, Josh Pagcaliwangan and Chistine Stebel. MALCOLM HINDS/CONTRIBUTED

Shape Shift

After volunteering at the Fringe Festival herself, Melissa Boose now coordinates her own group of talent as she brings Shape Shift to the mix.

One of Booth's dancers, Shauna McConnell, believes the show isn't your typical dance ensemble.

"I've been dancing for a while, and when I go to a show I find, generally, all the scenes look the same," McConnell said. "This show is free movement and improv combined with choreography unique for each individual — it's based on their background and feelings towards their own scene."

In this way, the show doesn't just incorporate uniqueness but is built around individualization, McConnell said.

"Every dancer comes from a different background. We have one lady who is a mother of three, and she's dancing next to a break-dancer who's next to a ballet dancer."

This group of versatile performers — members of Breath in Mvmt — promises a show that promotes both dance and being true to your inner self.

Why London Fringe Matters: "I live and breathe dance every single day, and our director Melissa Boose — her life revolves around movement. It's so nice that we're able to showcase that for people," McConnell said.

3

A taste of art from all avenues at the London Fringe Festival

When London's Fringe Festival committee chose "Outbreak" as this year's theme, who could have guessed just how pandemic the participation would turn out to be.

The 14th rendition of Fringe will take over London today and continue through June 16.

A way to promote and support the work of independent artists, the festival has grown substantially since it started.

This year's lineup features performances from 44 different theatre companies and 35 visual artists in venues scattered across downtown.

"We have opera, magicians, improv, sketch comedy, musicals — we've got some theatre that I'm not even sure how to describe," said Kathy Navackas, the festival's executive producer.

For Navackas, a wide mix of offerings is an important aspect of Fringe London.

"We accept performers based on a lottery, which means that an artist can do whatever they want," she said. "It's not an artistic director deciding what kind of show to produce."

All proceeds from ticket sales goes directly to artists. By not pocketing some of the revenue, the festival has been able to keep ticket prices reasonably cheap — offering up the acts to pretty much anyone who wants to catch a peek.

At a glance

- The London Fringe Festival starts Wednesday and continues through June 16.
- For a full schedule, visit londonfringe.ca.
- Tickets can be bought for individual shows or in bundles.

Quoted

"We have opera, magicians, improv, sketch comedy, musicals — we've got some theatre that I'm not even sure how to describe."

Kathy Navackas, festival's executive producer

"It's important for the audience to have an affordable opportunity to see new emerging talent," Navackas said. "They get to see theatre that would not normally be on London stages."

London's Fringe is a leader in incorporating the visual art community. Similar festivals in other cities have shied away from adding that component, officials said.

KEVIN HURREN/FOR METRO

On the web

For more local news go to metronews.ca

Queen's crowning moment

Catherine, Duchess of Cambridge, chats with Prince Harry as Britain's Royal Family gathered at Westminster Abbey in London, England, Tuesday for a ceremony of pomp and prayer to mark the 60th anniversary of the coronation of Queen Elizabeth II.

ANTHONY DEVLIN/WPA POOL /GETTY IMAGES

Turkey softens tone in bid to ease days of protests

Fatality. 22-year-old man died during anti-government protest in Antakya city near border with Syria

A protester sleeps in Istanbul's Taksim Square on Tuesday. Turkey's protests initially began over the fate of Taksim Gezi Park, one of the last significant green spaces in the centre of the city. URIEL SINAI/GETTY IMAGES

Turkey's deputy prime minister offered an apology Tuesday for the government's violent crackdown on an environmental protest, a calculated bid to ease days of anti-government rallies in the country's major cities.

The message was a bit mixed, however, as hundreds of riot police deployed with water cannons around the prime minister's office in the capital of Ankara.

Bulent Arinc, who is standing in for the prime minister while he is out of the country, said the crackdown was "wrong and unjust."

Yet the impact of his statement was unclear. Prime Minister Recep Tayyip Erdogan, who is visiting Morocco, Algeria and Tunisia, has undermined previous statements by his ministers and has dismissed the protesters as a fringe minority stirred up by the opposition.

Tens of thousands of mostly secular-minded Turks have joined anti-government rallies since Friday, when police launched a pre-dawn raid against a peaceful sit-in protesting plans to uproot trees in Istanbul's main Taksim Square. Since then, the demonstrations have spiraled into Turkey's biggest anti-government disturbances in years.

The Turkish Human Rights Association said some 3,300 people nationwide were detained during four days of protests, although most have since been released. At least 1,300 people were injured, the group said, although it said the number could be higher.

Protests have been directed at what critics say is Erdogan's aggressive and authoritarian style of governing. Many accuse him of forcing his conservative, religious outlook on citizens' lives in this mainly Muslim but secular nation. Erdogan rejects the accusations, says he respects all lifestyles.

THE ASSOCIATED PRESS

Quoted

"The excessive violence exerted on people who were acting out of environmental concerns was wrong and unjust."

Bulent Arinc, deputy prime minister

Pawsitive move. Furry refugees from Lebanon to call Windsor home

A local non-profit is helping dogs from an overcrowded shelter in Beirut find welcoming families in Windsor.

For the Love of Paws, in partnership with Hopeful Hearts Dog Rescue in Ottawa, and Beirut for the Ethical Treatment of Animals (BETA), is set to receive eight dogs.

John Dunn, a volunteer, says pets are abandoned as families move or are displaced, and many animals in BETA shelters have been victims of abuse.

The dogs will be flown from Lebanon to Montreal on June 15, before being taken to Ottawa and picked up by volunteers the following day. Four of the eight dogs will be taken to Windsor, and after a brief stay in foster homes, they will be put up for adoption. LUKE SIMCOE/METRO

State wiretaps

UN expert wants tighter scrutiny

The United Nations's investigator on freedom of expression called Tuesday for closer scrutiny of government wiretapping efforts around the world.

Frank La Rue said states should publish data on the kind of phone and Internet surveillance they conduct, and the subject of them should have the right to be notified afterward. Individuals should also have the right to use encryption technology.

THE ASSOCIATED PRESS

Big squanderers

Americans waste 1/3 of their food

Americans throw away more than a third of the food they buy — almost $400 US a year per person.

The Agriculture Department said it will work to make it easier for companies to donate misbranded meat, test out a composting program, and increase donations of food that may get discarded.

THE ASSOCIATED PRESS

Internal emails

U.S. missile crews have low morale?

Nuclear missile officers with the U.S. Air Force's 91st Missile Wing in North Dakota are complaining of morale-sapping pressures, according to internal emails. Key themes include working under "poor leadership" and being stuck in "dead-end careers" in nuclear weapons.

THE ASSOCIATED PRESS

SMOKING PARTICIPANTS NEEDED!

Are you an adult smoker?
Do you smoke 10+ cigarettes per day?
You may be eligible to take part in a brief research study. Compensation available.

Please contact shortquituwo@gmail.com or 519.661.3211 ext. 7

Our STREET LONDON
PRESENTS
DOWNTOWN BLOCK PARTY
JUNE 8, 2013
11AM-4PM
DUNDAS ST
WELLINGTON
TO RIDOUT
PLAY ON THE STREET
FREE KIDS ACTIVITES - MUSIC & DANCE BUSKERS - FITNESS & YOGA CLASSES - ONSTREET PATIOS - ARTS & CRAFTS BAZAAR SKATEBOARDING - LIVE ART CREATION - BICYCLE TUNEUPS, INFO & SECURED PARKING - SIDEWALK SALES - FOOD - FUN!
HTTP://WWW.OURSTREET.CA
FACEBOOK.COM/OURSTREET
START
DOWNTOWN LONDON
LONDON FUSE
LONDON COMMUNITY FOUNDATION
London
URBAN LEAGUE LONDON

Marijuana in the U.S.

Possession arrests higher for blacks despite equal use

Black people are arrested for possessing marijuana at a higher rate than white people, even though marijuana use by both races is about the same, the American Civil Liberties Union reports in a new study.

The analysis of federal crime data, released Tuesday, found marijuana arrest rates for blacks were 3.73 times greater than those for whites nationally in 2010. In some counties, the arrest rate was 10 to 30 times greater.

The report comes as Colorado and Washington just legalized adult possession of small amounts of marijuana.

THE ASSOCIATED PRESS

El Salvador

Woman denied an abortion recovering after baby's death

An ill Salvadoran woman who delivered a baby through a cesarean section after being denied a medical abortion is recovering well and has had her tubes tied as she requested, doctors said Tuesday.

The 22-year-old's bid to end what her lawyers said was a life-threatening pregnancy drew international attention.

Her baby girl was born without a brain and died five hours after the woman had a C-section Monday.

The woman, known only as Beatriz, underwent the operation after 27 weeks of pregnancy.

THE ASSOCIATED PRESS

Auditor general

Senate proposes expense review

The Harper government is hoping to restore public confidence in the Senate by putting the scandal-plagued chamber's books under the auditor general's microscope.

Sen. Marjory LeBreton, the government leader in the Senate, introduced a motion Tuesday asking auditor general Michael Ferguson to conduct a comprehensive audit of Senate expenses, including the expense claims filed by individual senators.

The NDP put forward another motion calling for funding to the Senate to be cut off as of July 1 — what NDP Leader Tom Mulcair referred to as a Canada Day "gift."

THE CANADIAN PRESS

Cops bust underground pot crop

B.C. grow-op. Disguised bunker containing 430 plants, industrial generator linked to Hells Angels, police say

EMILY JACKSON
Metro in Vancouver

Industrious crime

"The lengths that the people constructing these types of grow-ops will go to are alarming."
CFSEU-BC spokesman Sgt. Lindsey Houghton, in a statement

A sophisticated underground marijuana grow-op disguised as a Langley hobby farm — complete with three sheep, a pig and guarded by about a dozen pit bulls and Chihuahuas — was busted by police over the weekend.

RCMP needed a crane to excavate five steel shipping containers connected with a continuous underground pathway at the property in the 27000-block of 56th Avenue, according to a news release from B.C.'s Combined Forces Special Enforcement Unit.

Three men and one woman were arrested when investigators found 430 plants at the site, though they were later released pending further investigation. The dogs are being cared for by one of their family members.

Officers were "shocked" that the operators cut into a nearby natural gas pipeline to power the elaborate bunker system with an industrial-sized natural gas generator worth about $100,000.

"This had the potential to be extremely dangerous to the public and emergency responders," CFSEU-BC spokesman Sgt. Lindsey Houghton said in a statement.

Police believe the grow-op, described as a "complex operation that required a great deal of planning and equipment," including cranes and flatbed trucks, was running for at least a couple of years.

This is the second underground grow-up the CFSEU-BC has dismantled in the past two months. While police don't believe the Langley operation is connected to the Mission, B.C., operations disguised as horse paddocks they busted last month, they think both are linked to the Hells Angels.

The inside of a marijuana grow-op found in Langley, B.C. CONTRIBUTED/CFSEU-BC

Colorado judge accepts Holmes' insanity plea

Sheriff's deputies search people before they enter district court for a hearing for Aurora theatre shooting suspect James Holmes, inset, in Centennial, Colo., on Tuesday. A judge accepted James Holmes' long-awaited plea of not guilty by reason of insanity Tuesday and ordered him to undergo a mental evaluation — an examination that could be a decisive factor in whether the Colorado theatre shooting suspect is convicted and sentenced to die. The judge also granted prosecutors access to a hotly-contested notebook that Holmes sent to a psychiatrist shortly before the July 20 rampage, which left 12 people dead and 70 injured in a bloody, bullet-riddled movie theatre in suburban Denver.

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Erectile-dysfunction pills. Alleged love-drug pushers looking at hard time

People who allegedly trafficked industrial quantities of illegal erectile-dysfunction pills into Canada are facing the prospect of jail time.

Two men are accused of bringing in hundreds of thousands of contraband pills made in China and selling them across Canada.

The Canada Border Services Agency says the illegal products were intended for sale on the Internet and in sex shops in different provinces.

Dozens of charges are being laid against Alain Elmaleh and Alain Richer, and against 12 businesses Elmaleh owns in five provinces: British Columbia, Ontario, Quebec, New Brunswick and Nova Scotia.

The border-services agency announced today it is laying 37 charges against the two Montreal men under the Customs Act, the Food and Drugs Act and the Criminal Code.

The most serious of the charges against the men, selling contraband, carries a maximum $500,000 penalty and up to five years in prison.

Authorities say the investigation was launched in 2011 when agents found 130,000 oral strips at Montreal's Trudeau airport. Then, a year later, it says it also found 120,000 pills and capsules, and packaging materials, at the head offices of Elmaleh's businesses.

THE CANADIAN PRESS

Lots of happy women?

120,000

Police allegedly found 120,000 erectile-dysfunction pills and capsules at the head offices of Elmaleh's businesses.

Proposed ban. Rapists in India 'provoked by mannequins': Official

Mannequins displaying lingerie and other skimpy clothing may soon be banned in India's cosmopolitan city of Mumbai as an anti-rape measure.

The municipal council overwhelmingly passed a resolution last month barring stores from putting scantily-clad mannequins outside their shops. The municipal commissioner has yet to give the required approval of the resolution.

City council member Ritu Tawde said she proposed the mannequin ban because such displays degrade women and could provoke men to attack them.

Indians have increasingly demanded stronger protections for women since the gang rape and killing of a student on a bus in the capital of New Delhi in December.

"Such people get provoked by mannequins. After all, a mannequin is a replica of a woman's body. That's why I oppose it, because mannequins do not suit Indian culture," Tawde said. However, shop owners will still be able to display mannequins how they want inside their stores, she said.

THE ASSOCIATED PRESS

Tourist gang-raped

An American woman was gang-raped Tuesday in the northern Indian resort town of Manali, police said.

- The 30-year-old woman was picked up early Tuesday morning by men in a truck as she was hitchhiking back to her guest house after visiting a friend, police officer Sher Singh said.

Tens of thousands of people take part in a candlelight vigil on the 24th anniversary of the Tiananmen Square protests during heavy rain on Tuesday in Hong Kong. It's the only commemoration on Chinese soil. LAM YIK FEI/GETTY IMAGES

Tiananmen remembered in Hong Kong

Vigil. Meanwhile, resentment of mainland China is rising

Every year, Hong Kong residents gather in droves for the annual vigil to commemorate the Tiananmen democracy protests. More than marking the brutal crackdown in Beijing 24 years ago, the event increasingly symbolizes disaffection with rule by China.

Tens of thousands of people gathered Tuesday evening at a large park in the former British colony. They turned the park into a sea of flickering light as they held candles to remember those killed when their protests in central Beijing were crushed by the Chinese military on June 4, 1989.

Quoted

"If you don't hold this event then the memory will quickly be forgotten."

Alex Lai, a 26-year-old accountant who has been attending the vigil for 10 years

Commemorations of the crackdown are suppressed everywhere else in China.

The vigil was cut short by a brief but heavy tropical downpour. But many remained, huddling with their candles under umbrellas. Organizers estimated a crowd of 150,000 while police put the number at 54,000.

Organizers called for Beijing to reverse its verdict on the protests, which Communist Party leaders have condemned as a counterrevolutionary riot. THE ASSOCIATED PRESS

Large majority

Britain's House of Lords backs same-sex marriage bill

Britain's House of Lords has voted by a majority to defeat a motion that blocks a same-sex marriage bill, moving the initiative a step closer to becoming law.

The upper house of Parliament on Tuesday voted 390 to 148 to back the bill, which will enable gay couples to get married in both civil and religious ceremonies in England and Wales if approved.

Religious organizations will be able to "opt in" if they consent to offer gay weddings. The law would allow couples in a civil partnership to convert their relationship to a marriage.

The bill will have to go through further readings in Parliament and be approved by Queen Elizabeth II. THE ASSOCIATED PRESS

Melee in Miami

Woman claims sex workers beat her

A vacation at a swanky Miami hotel turned into a nightmare for a U.S. woman when she was beaten up by prostitutes who mistook her as competition, the woman and her husband claim in a lawsuit.

Anna Burgese, 34, asserts that women she believes were prostitutes attacked her in the lobby of the W Hotel in Miami Beach in January as she and her husband were returning from a night out. She says she was grabbed from behind and slammed into a wall, then thrown to the ground. She was taken to a hospital for her injuries, her attorney said.

She also claims staff helped the attackers escape by putting them in a cab. The hotel was aware of previous episodes and failed to take precautions, according to the suit. THE ASSOCIATED PRESS

Are you post menopausal and looking to lose weight?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.

Compensation up to $200.00

Contact KGK Synergize Clinic:
519-858-8359
clinic@kgksynergize.com
www.kgksynergize.com

KGK synergize

THE FASTEST HI-SPEED INTERNET.

UP TO 3X FASTER.
Comparing widely available speeds.

We're bringing you the fastest most widely available speed. You can download and stream live HD sports, movies, music and work files faster than you ever thought possible. So what's next? Well, our unrelenting commitment to innovation means if you're with Rogers, you'll be the first to know.

NOW GET UNLIMITED DATA USAGE.
Only available until June 30th.

CALL 1 888 ROGERS1 | CLICK rogers.com/fastestinternet | VISIT Your local Rogers retail store

ROGERS™

Offer available until June 30th, and subject to change without notice. Speeds may vary with internet traffic, server gateway/router, computer (quality, location in the home, software and applications installed), home wiring, home network or other factors. Also see the Acceptable Use Policy at rogers.com/terms. Modem set-up: the system is configured to maximum modem capabilities within Rogers own network. ©2013 Rogers Communications.

Canadians slow pace of debt accumulation

Personal finance. Data shows largest quarterly drop in non-mortgage debt since 2004

New data on consumer credit suggests Canadians are becoming more cautious about making purchases that involve taking on debt.

The analysis by TransUnion Market Trends shows average consumer debt in Canada, excluding mortgages, fell by two per cent to $26,935 in the first three months of 2013 from the fourth quarter in 2012.

While total debt is still 3.5 per cent higher from a year ago, it was the first quarterly drop since the third quarter of 2011 and the largest since the firm began collecting the data in 2004.

TransUnion vice president Thomas Higgins says while the fall-off was significant, it is still too early to declare a trend. He notes that the 2011 decline was quickly followed by rapid increases in 2012.

The Bank of Canada has welcomed the general trend to more frugal finances among households, particularly in mortgages, which make up for the vast majority of debt held by Canadians. The bank continues to warn, however, that Canadians could be caught out once interest rates start rising.

With interest rates at rock-bottom levels, TransUnion says delinquency rates remain low for all credit products.

On consumer debt — which includes credit card debt, lines of credit, instalment and car loans — all provinces except British Columbia posted a quarter-quarter decline in the first three months of 2013. In B.C., credit rose 3.7 per cent.

THE CANADIAN PRESS

Average Canadian consumer debt, excluding mortgages, fell by two per cent in the first quarter of 2013 compared with the fourth quarter of 2012. THE CANADIAN PRESS FILE

By the numbers

$1,398

The average Canadian pays about $1,398 in interest each year on their lines of credit, says TransUnion vice-president Thomas Higgins — but that would rise by $350 if rates rose by one percentage point, and by $699 if rates rose two points.

Would you dig through a landfill for this game?

A New Mexico city commission has agreed to allow a Canadian studio to search an old landfill where old, terrible Atari games are rumoured to be buried. The Alamogordo Daily News reports that Alamogordo, N.M., commissioners will allow Fuel Industries, which has offices in Ottawa and Los Angeles, to search the landfill for games. One sought-after game, the E.T. video game, is thought by some gamers to be one of the worst video games of all time. Atari paid Steven Spielberg tens of millions of dollars to license the E.T. name, and the dud of a game caused the troubled company's worth to sink even further at the time. Alamogordo Commissioner Jason Baldwin says he played the E.T. game and it was horrible. THE ASSOCIATED PRESS

Is your opinion worth sharing?
Share your opinion on ads that run in Metro by joining the RAM panel at metronews.ca/panel.
What is RAM?
RAM (Research and Analysis of Media) is a panel used by several Canadian newspapers, including Metro, and more than 600 newspapers and magazines in 17 countries
What's in it for me?
Each time you complete a survey, you earn points which can be redeemed for Tango.com Gift Cards.
How do I join?
Joining is easy! Just go to metronews.ca/panel and click on the registration link for our RAM panel.
And, to show our appreciation, every month we'll randomly draw 6-winners who will each win a $25 Tango gift card! Tango gift cards can be redeemed with top-name brands like Amazon, Starbucks, and iTunes®.
metro
Go to metronews.ca/panel and join today

China. Entrepreneur has hay day squeezing profits from B.C.'s excess crops

China's booming agricultural industry is literally proving to be rich fodder for farmers in Vanderhoof, B.C.

Entrepreneur Judd Wu moved from China last spring to launch Top Hay Agri Industries, specializing in compressing hay bales to a fraction of their original size, for shipment to China's voracious agricultural markets.

Wu chose Vanderhoof, which is in central B.C., because it has the acreage and climate to produce lots of hay, as well as convenient transportation links to port in Prince Rupert.

His first shipment was trucked out last week and Wu hopes to eventually increase daily production to 150 metric tonnes, feeding China's estimated annual demand of 100 million tonnes.

Nechako-Lakes MLA John Rustad says Vanderhoof has the potential to grow much more hay than the region can consume. He says shipping the excess overseas prevents low prices caused by a glut on local markets, offers a much-needed economic boost for the Nechako Valley, and strengthens Canada's bond with Chinese and other overseas markets.

THE CANADIAN PRESS

Vanderhoof, an area in central B.C., is capitalizing on China's agricultural boom by shipping excess hay overseas. GETTY IMAGES FILE

Consumer safety

Feds introduce stiff fines for firms that don't obey recalls

The federal government is going to impose fines of up to $25,000 a day on companies that don't remove unsafe consumer products from their shelves. Health Minister Leona Aglukkaq announced Tuesday that a company that ignores government orders and deadlines to withdraw unsafe goods will be handed a stiff fine. THE CANADIAN PRESS

Wireless competition

Paradis blocks Telus bid for Mobilicity

Ottawa is blocking a $380-million deal to sell struggling wireless upstart Mobilicity to Telus Corp. and says it will continue to prohibit spectrum transfers that would limit competition in the Canadian wireless market. Industry Minister Christian Paradis said Tuesday the government would use all tools at its disposal to ensure there are at least four wireless competitors in every region of Canada. THE CANADIAN PRESS

In-store entertainment

Mood Media signs deal with Universal

Toronto-based Mood Media Corp. has announced a five-year deal to collaborate with Universal Music Group. Mood Media uses audio, visual and other sensory services that appeal to customers at hundreds of businesses such as clothing stores and restaurants. Universal Music says the deal will give its artists increased exposure. THE CANADIAN PRESS

Market Minute

DOLLAR 96.67¢ (-0.63¢)

TSX 12,593.97 (-15.83)

OIL $93.31 US (-14¢)

GOLD $1,397.20 US (-$14.70)

Natural gas: $3.99 US (no change)
Dow Jones: 15,177.54 (-76.49)

DENY MILK FOR GREENER PASTURES

JUST SAYIN'

Paul Sullivan
metronews.ca

I'm so confused.

This week's hot book says that if you really want a meaningful relationship, you should go on a sex diet.

Well, to be precise, it says women should go on a sex diet, but that has obvious implications for their potential partners, who are everybody else.

The book is called The 30-Day Love Detox: Cleanse Yourself of Bad Boys, Cheaters, and Men Who Won't Commit — And Find a Real Relationship.

The author is Dr. Wendy Walsh, one of those friendly experts who populate the cable news channels. She even plays cable news experts on movies like Baywatch and The Cable Guy. I'm not sure how she went from a Ryerson journalism grad to "doctor," but it happened somewhere between Halifax, where she was born, and Los Angeles, where she was reborn on Fox and CNN.

She does appear to have a PhD in psychology from the California Graduate Institute, which is not based on the back of a pack of matches, so we should listen.

The diet analogy goes beyond the title. It's all about "slow love." Like "slow food," get it? Citing "evolutionary psychology," Dr. Blond Alliteration promises to help women:

- Purge junk-food men
- Learn the five sexual myths that keep women single
- Determine when to begin the onset of sexual activity in a new relationship
- Avoid the biggest mistakes women make when dating online
- Spot a commitment-oriented man at his "state of readiness," which is not, apparently, what you think it is

The secret: No sex for the first 30 days. As far as I can tell, she'd really like you to abstain until he puts a ring on it, but that's way too long for today's post-Sex and the City woman.

Dr. BA also says women should stop sexting during this same period of abstinence. It's the sexual equivalent of empty calories.

But! But! you're probably asking yourself: "How is this any different from the advice that mom used to dole out on a daily basis?" And, truth be known, still does. Well, it's scientific. During orgasm, the female body unleashes a tide of oxytocin, a hormone that encourages bonding. This is dangerous, according to Dr. Walsh, as a woman can think she's just hooking up when she's really bonding with some unsuitable, commitment-phobic, bad-boy creep who is just using her for sex.

So it's like mom (or dad, who knows all about commitment-phobic bad boys because he probably used to be one) with a PhD. Just goes to show the value of a good education. The moral of this story is that morality has nothing to do with it, but it's still the same old story: "Why would he buy the milk if he can get the, er, cow for free?"

Slow love rules. Even in the 21st century.

ZOOM

My little pony and his care bear

SNMS

Foal finds comfort with teddy bear

An orphaned week-old foal sleeps soundly in the lap of his new surrogate mum — a teddy bear. Breeze, the bay pony, was found abandoned in Dartmoor National Park in Devon, southwest England, just a few hours after his birth.

After finding the newborn, rescuers from the local Mare and Foal Sanctuary took him in. Breeze had been stumbling hopelessly around the park's hillside and attempting to suckle on other mares. When he was found by rescuers after first being discovered by a local farmer, he was suffering from clinical shock and dehydration, said staff. METRO

Stuffed companion

"We always give our orphaned foals a giant cuddly toy as a companion. They're just like human babies in the way in which it provides them with comfort."

Syra Bowden, executive director at the Mare and Foal Sanctuary

Vets come to the aid of poor pony

Despite the comforting effect from his cuddly toy, Breeze isn't OK.

Vets spent three hours by the poorly foal's side. He was placed on a saline drip, had a catheter fitted and was given crucial colostrum drips, milk and medication on his arrival. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Sick of hearing about the Red Wedding second hand? Wishing you could silence your co-workers, Twitter and Facebook until you're caught up on the nuptials? You're in luck, now you can (though you're on your own with the co-workers part).

silencer.io

Google Chrome's 'mute packs' let you silence hashtags, people, terms or phrases on Twitter and Facebook to clear your feeds of spoilers (or boring friends or irritating topics).

spoil.rs

For those who want to "never annoy your followers again," spoil.rs masks your tweets so you can tweet to your heart's content about Robb Stark without fearing the wrath of Game of Thrones.

Twivo

Coming soon to a URL near you. This program gives users more control over what they block by including time-frames in the filters — giving TV-watchers self-imposed deadlines to get on with their viewing.

Twitter apps

Though you can't use filters on Twitter's iPhone or Android apps, there are a handful of third-party apps that do the screening for you. Try Tweetbot for iPhone or Plume for Android.

Twitter

@metropicks asked: Dunkin' Donuts recently added a doughnut breakfast sandwich to its menu. What would you like to eat between two pieces of doughnut?

@Mattgela: I would eat some good fruit in between! :P

@RealMarcDunn: #JimGaffigan already invented the donut ham hamburger, so Dunkin's a little late, but you can't go wong with #bacon

@aymyao: I'd love to have bacon weave in my donut

@morbiddangel: hopefully timmies is taking notice.

@Canucklehead_ca: Would be much easier to list things I WOULDN'T eat between 2 pieces of donut. (Thinking bacon & Timbits to start though.)

@FrenchmanCanada: Another donut!

@patriciacameron: Obesity, diabetes, other health issues link to toxic foods like this. Party pooper would eat NOTHING this way.

@LaniganDarin: Just skip the pleasantries of making people sick and kill them outright, put the KFC double down between 2 donuts

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor** Angela Mullins • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Rob Delvallet • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

Paid to be unemployed: when actors get naked

The Internship. Owen Wilson and Vince Vaughn use a familiar formula with their latest bumbling, stumbling comedy

IN FOCUS
Richard Crouse
scene@metronews.ca

The new buddy comedy The Internship pairs Owen Wilson and Vince Vaughn for the first time since 2005's Wedding Crashers.

They are still wild and crazy guys, but this time out they are unemployed wild and crazy guys pushed out of their jobs by technology.

Unable to get a foothold in the new media field they take intern jobs at Google.

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs," says Wilson.

Many movies have used unemployment as the starting point for storytelling.

In Lost in America, rated one of Bravo's 100 Funniest Movies, Albert Brooks plays a successful advertising executive who gets fired for insulting his boss.

Free from the shackles of employment he goes all carpe diem and convinces his wife Linda (Julie Hagerty) to leave her job and explore the country in a Winnebago. When they lose their nest egg on a Las Vegas stop over they reenter the work force as a crossing guard and manager at a Der Wienerschnitzel restaurant, respectively.

Owen Wilson, left, and Vince Vaughn star in The Internship, which opens this weekend. HANDOUT

As the movie ends they hit the road once again, hoping to reclaim their old jobs and lifestyles.

It would be hard to imagine a more toxic workplace than the real estate office in Glengarry Glen Ross.

Encouragement comes in the form of verbal abuse — most of which can't be printed in a family newspaper — and a motivational sales contest offering three prizes.

Get hungry

"We're looking at some sort of mental Hunger Games against a bunch of genius kids for just a handful of jobs."

Owen Wilson
Talking about his new movie The Internship.

The top seller wins a Cadillac Eldorado.

"Second prize is a set of steak knives," says Blake (Alec Baldwin). "Third prize is you're fired."

Playwright David Mamet based the original play on his experiences working in a real estate office in the 1970s.

Finally, The Full Monty is a comedy that takes a serious look at the effects of unemployment on the individual and the community.

Set in Sheffield, England, it's the story of six men, most unemployed steel workers, who come up with a unique way to pay the bills.

They decide to form a Chippendale dancer style group, separating themselves from the pack by going "the full monty" and go completely stark naked.

While filming, the actors agreed to go completely nude in front of 400 extras provided they only had to do it once.

They got it in one take, and according to Roger Ebert, the inspiring and revealing final scene "was applauded at the screening I attended."

A mom, some dads and a bunch of cops

TV lineup. Comedies from Robin Williams, Andy Samberg, join Rogers lineup, along with Rebel Wilson on TV this fall season

New comedies starring Robin Williams, Rebel Wilson, Andy Samberg and Anna Faris are heading to City this fall.

Rogers Media — which runs City as well as specialty channels including FX Canada, Sportsnet, OMNI and OLN — announced a 2013-2014 lineup this week.

It includes fresh laughs from Family Guy creator Seth MacFarlane, The Big Bang Theory creator Chuck Lorre and Parks and Recreation creator/producers Dan Goor and Michael Schur.

The fall slate includes Faris' single parent sitcom Mom, MacFarlane's multi-generational series Dads, Samberg's cop comedy Brooklyn Nine-Nine, Wilson's single-camera Super Fun Night and Williams' father-daughter laugher The Crazy Ones, co-starring Sarah Michelle Gellar as his daughter.

Overall, City's 2013-14 fall and mid-season prime-time schedule features 16 imports — eight comedies, six dramas and two reality series.

The network also boasts of five new and two returning homegrown series, including fresh reality shows The Project: Guatemala, Storage Wars Canada and Meet the Family.

THE CANADIAN PRESS

Coming up

More releases coming soon

- **Lineup.** Shaw Media, which runs Global and a raft of specialty channels including Showcase, HGTV and Slice, is slated to reveal its upcoming lineup Wednesday. Bell Media, which runs CTV as well as specialty channels including Bravo, Much and Comedy, will announce its plans Thursday.

Andy Samberg's cop comedy Brooklyn Nine-Nine is joining City this fall. GETTY IMAGES

John Mayer. ALL PHOTOS GETTY IMAGES

Mayer exploring Perry's wonderland once again

It looks like on-again, off-again couple Katy Perry and John Mayer are very much on again, though this time it's a more "casual" relationship, according to E! News.

"They are just hanging out," a source says.

"They are not putting a label on it."

Though they haven't stepped out in public together since their March breakup, Perry and Mayer have reportedly been spending most of their nights together.

A rep for Perry couldn't be reached for comment.

Channing Tatum

Tatum adds another body to his House

Channing Tatum's team took to the actor's website to confirm the news that the White House Down star and his wife, Jenna Dewan-Tatum, are new parents.

They wrote that they "are thrilled to announce the birth of their daughter, Everly Tatum, who was born on May 31 in London."

The new mom's father, Darryll Dewan, shared his excitement with E! News.

"Anxious to meet our grandchild and hug Jenna and Chan. They are an amazing couple and will be great parents. I'm very excited for everyone in each of our families," said Dewan shortly after it was announced.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Radcliffe really wants to be a rad dad

Daniel Radcliffe wants to start a family, and he may be in somewhat of a hurry about it.

"I'd like to get started on it before my 30s," the 23-year-old Harry Potter star tells Time Out London. "I like the idea of being a youngish parent so I've got energy to play football, even though they'll be better than me by the time they're four."

And while he doesn't currently have a mom-to-be in mind, the height challenged Radcliffe admits she'll have to do a lot of the heaving lifting, height-wise.

"I will have to find a very tall wife if they're going to be good at sports," he says. "You could be my size as a boxer, you'd just have to be a super featherweight or something."

Twitter

@NiallOfficial
Came in last night! Jumped on my bed and broke it! So had to sleep on the couch! not the best nights sleep I've ever had

@TheRock
AM cardio. Sweatin' like there's a hell hound on my trail. (don't know what a hell hound is but it's a cool Clapton song).

@MarkDuplass
Fellow screenwriters, let's vow to never again write the "They settle into their new, unfurnished apartment with chinese takeout" scene.

RBC Royal Bank
@ottawabluesfest
facebook.com/ottawabluesfest
Download our mobile App for Android & iPhone
Bluesfest OTTAWA
RBC ROYAL BANK BLUESFEST
TAKE ME TO THE RIVER
JULY 4-14 2013
Presented by OTTAWA CITIZEN
LEBRETON FLATS
BJÖRK ★ B.B. KING ★ DIXIE CHICKS
RUSH ★ FUN. ★ ZAC BROWN BAND
GREAT BIG SEA ★ THE TRAGICALLY HIP
WU-TANG CLAN ★ TEGAN AND SARA
WEEZER ★ JIMMY EAT WORLD
DOG BLOOD (SKRILLEX & BOYS NOIZE)
BAAUER ★ ALEX CLARE ★ PASSION PIT
GRACE POTTER AND THE NOCTURNALS
ALICE IN CHAINS ★ FRANK TURNER
NEKO CASE ★ FITZ & THE TANTRUMS
WATSKY ★ LP ★ MARIANAS TRENCH
STARS ★ AND MANY MORE!
SPECIAL HOTEL RATES AVAILABLE! VISIT
OTTAWABLUESFEST.CA/VISITOR-INFO FOR DETAILS
OTTAWABLUESFEST.CA • CAPITALTICKETS.CA®
TOLL FREE 877.788.3267 • 613.599.FANS (3267)
Ontario
ONTARIO Yours to discover
Ottawa
NCC CCN Canada
ONTARIO ARTS COUNCIL CONSEIL DES ARTS DE L'ONTARIO 50
EMPLOYMENT ONTARIO
Canadian Heritage
Patrimoine canadien

Hats off to Panama!

Country of contrasts. This little nation with a famous canal boasts a bustling city, pristine beaches and verdant countryside

FERNANDO CARNEIRO
life@metronews.ca

From modern skyscrapers in Panama City to the wild countryside and pristine beaches, Panama is a country of contrasts.

The Panama Canal, of course, brings people from all over the world to the capital, where international cuisine is easily found along with Caribbean flavours in restaurants such as Manolo Caracol and La Vitrola.

Its imposing skyline, dotted with ultra-modern architecture, is on display through the windows of downtown hotels like the Radisson Decapolis or the rooftop of the Hard Rock Hotel Panama Megapolis.

The nightlife includes a variety of charming restaurants in the Casco Viejo (old city) and salsa clubs featuring live bands such as the Havana Club Panama.

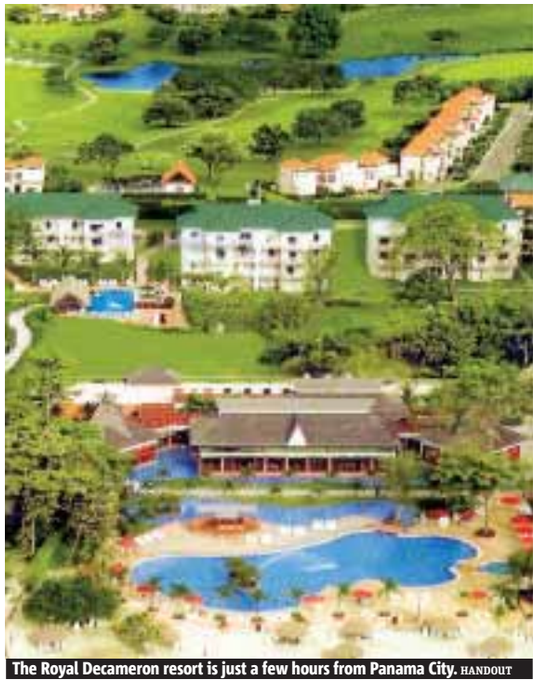
The local currency? They use U.S. dollars, except for the coinage, which is called the Balboa and minted in Canada.

A short drive away lies a different world in the tropical forest. Day tours for zip lining, culture and craft, or a visit to the Embera Indigenous Community range from $55 to $90.

For rest and relaxation in the sun, Panama has beaches on both the Pacific and Atlantic oceans.

Just a couple of hours from Panama City lies Farallon, home to the Royal Decameron Golf, Beach Resort and Villas Panama.

This all-inclusive resort is situated in a "dry arch," which means more sunny days on the beach. Ten restaurants, a spa and various swimming pools make exploring this large resort fun for days. Nightly shows and a disco are a good way to cap a busy day.



The Royal Decameron resort is just a few hours from Panama City. HANDOUT

Ultra-modern architecture dots Panama City's skyline.
FERNANDO CARNEIRO/METRO

Canadian influence

Canadian architect Frank Gehry — whose wife is Panamanian — designed the soon-to-be-finished Biomuseo, which showcases Panama's biodiversity. The distinct building, expected to become a cultural icon, is colourful to reflect its tropical environment.

Getting there

From Toronto, Nolitours offers flights through Air Transat every Thursday during the summer and Mondays during the fall and winter.

The world's greatest shortcut

It's impressive today and it must've blown people's minds 99 years ago when the first ship crossed the Panama Canal. Possibly the world's greatest shortcut — it takes ships an average of eight to 10 hours to transit the Canal versus nearly a month to go around South America — the Canal is also a must-see tourist attraction.

Its on-site museum has images and tools starting with the original French attempt at building the Canal, which was followed by the successful American completion of the crossing in 1914. Tens of thousands died during construction due to illnesses carried by mosquitoes and engineers were forced to innovate to dig through the continental divide.

Today, the Canal is one of the Seven Wonders of the Modern World and employs about 9,500 people, bringing in $1.5 billion to the Panamanian economy.

Although managed by the United States until 1999, the Canal is now nationally managed with an expansion on the way to handle larger ships. It's expected to be completed next year when the Canal turns 100.

At the Miraflores lock, there's a buffet restaurant and viewing platform that allow tourists to see the ships enter the locks and watch them go through the various stages linking the ocean to Gatun Lake.

FERNANDO CARNEIRO/METRO

Embera Indigenous Community

Just hours from downtown Panama City is the Embera Indigenous Community. The hotel tour bus takes the group to the riverfront, where a wooden pirogue (boat) awaits. The journey upriver took about 15 minutes before we were welcomed at the village by the sounds of traditional instruments. At Embera, tourists are invited to mingle with the locals,watch traditional dances and eat a lunch of fried fish and plantain chips. Handmade arts and crafts are available for sale and the picturesque village is a wonderful spot for photography. Tour costs $90.

Plenty more to do in Panama

See this: Thousand-year-old gold objects and ceramics have been recently found in the tombs of an unnamed civilization at El Cano, near Farallon. Archeologists are still onsite making discoveries.

Buy this: Authentic Panama hats can be had at the home/shop of Reinaldo Quiros, above, in La Pintada. Each is handmade and priced from $15 to $600. Depending on how it's worn, you're telling the locals you're single, looking for a fight or a "vaquero" — a cowboy.

Do this: It's fast, safe, scenic — it's a thrill. Zip line in-between tree canopies in the Anton Valley, including over a waterfall. There are four platforms and great opportunities for photos.

PHOTOS: FERNANDO CARNEIRO/METRO

Myrtle Beach is the heart of South Carolina's $16.5 billion tourism industry. It's in the centre of a 100-kilometre reach of beaches that attracts more than 14 million visitors a year to dozens of golf courses and hundreds of restaurants. And there's shopping at hundreds of stores. But there's a lot to do for free, too.

STORY AND PHOTOS: THE ASSOCIATED PRESS

5 Free things to do in Myrtle Beach

The beach

This is the reason people come to Myrtle Beach. In South Carolina, the beaches are public and there are regular beach access points. Some areas have lifeguards and some have umbrellas and chairs for rent, but all you really need is a beach blanket and a cool drink. If you bring a pet, check local regulations for hours when dogs can be on the beach.

The boardwalk

The boardwalk runs along Myrtle Beach's oceanfront business district. Just over 1.6 kilometres in length, it was completed three years ago at a cost of more than $6 million. It's a great place to wander along the shore without getting your feet sandy or to just sit and watch people enjoy their summer escape. At sunset you can watch the oceanfront SkyWheel, the tallest ferris wheel in the eastern United States, spin lazily, illuminated by a million LED lights.

Free concerts and kids stuff

Summer means a lot of free entertainment. In Plyler Park, just off the boardwalk, the Hot Summer Nights series of free concerts and other events runs this year from now to Aug. 31. On Mondays there are free kids carnivals, with concerts from reggae to rock and country to Dixieland other nights of the week. Every Wednesday there are fireworks over the ocean.

Art museum

If you want to get out of the sun for a bit, stop by the Franklin Burroughs-Simeon Chapin Art Museum. Admission is free, but donations are always accepted. Located on the south end of Myrtle Beach, part of the structure is an almost 90-year-old beach house moved to its present location about 30 years ago. The museum has 10 galleries and an art studio for workshops.

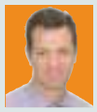
Conway and the River Walk

Conway, located 24 kilometres inland from Myrtle Beach, is the old tobacco town dating to the early 1700s that millions simply drive past rushing to the shore. But you may want to slow down and stop. The historic district includes almost three dozen National Register of Historic Places sites. The city's scenic River Walk connects to the business district and runs along the gently flowing Waccamaw River, a great place to cool off on a sultry South Carolina afternoon.

Save
the equivalent of the
TAXES!
Up to
$380
OFF
per person[1]
Mexico & the Caribbean
Book by June 30
AIR CANADA VACATIONS
BRIGHTER GETAWAYS
Find out more at aircanadavacations.com
Call 1 877 236-6228 or your travel agent
New bookings only. Subject to availability at time of booking. Offer is subject to change without notice and cannot be combined with any other offer or promotion. Applicable to group bookings. Flights operated by Air Canada or Air Canada rouge. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. Holder of Quebec permit #702566. TICO registration #50013537. BC registration #32229. ■ [1]Valid for departures between July 1 and October 31, 2013. Select destinations only. ■ ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership, 1440 St. Catherine W., Suite 600, Montreal, QC. Visit www.aircanadavacations.com for up-to-date information.
tico.ca

Trip tips

Hit the road this summer



ON THE MOVE
Loren Christie
life@metronews.ca

If the lure of the open road is calling you, just pick a stretch of highway somewhere between Trinity and Tofino. From coast to coast, Canada has limitless options when it comes to the makings of a great summer road trip.

Nova Scotia's Cabot Trail has always been a personal favourite. It offers stunning scenery, wildlife viewing (whales and moose) and the opportunity to touch the distinct Acadian and Scottish cultures that colour the history of the province. It is an ongoing debate whether to do the drive clockwise or counter-clockwise — I prefer clockwise. It builds your anticipation of the sites along the route in a more logical fashion.

Route 132 in Quebec's Gaspe region offers a scenic shore-hugging drive through silver-steepled villages surrounded by mountains and serenaded by the sea. The route forms a loop of about 900 kilometres. As the seaway widens into the gulf, try some ferry-hopping to explore both coasts of the St. Lawrence River.

The best way to see Canada? In a car, of course. ISTOCK

The Trans Labrador Highway is a relatively new 1,054 kilometre frontier highway that allows you to explore the wilderness, culture and adventurous nature of Labrador. Make sure to visit the 16th century Basque whaling station turned National Historic Site in Red Bay. This section of the highway also offers numerous whale and iceberg viewing spots and the chance to visit the tallest lighthouse in Atlantic Canada.

For those who want to hit the pavement but don't want to do the actual driving go sidecar with Jasper Motorcycle Tours. They offer numerous touring packages of Alberta's stunning Icefields Parkway. You get up close and personal with not only the asphalt, but the scenery and the wildlife. On my tour we saw a brown bear, big horned sheep and more elk than I could count. The drivers are fully knowledgeable about the area so you enjoy a fully guided tour as you take in the sights.

If you prefer not having to suit up in leathers and a motorcycle helmet and are looking for something a little more fancy, consider Niagara Classic Cabs in Southern Ontario. They will customize your tour through the Niagara wine-growing region in high style. It's perfect for people who want to hit the wineries without worrying about who is going to be the designated driver.

Finders keepers in game for seekers

Geocaching craze.
Try a treasure hunt next time you travel

Ever since there were pirates or wide-eyed children searching for eggs on Easter morning, treasure hunting has been a draw for the adventurous.

The adventure, of course, is in the hunt as much as it is in finding what has been hidden and meant to be found.

Combine that sense of adventure with global positioning technology and a desire to take advantage of the great outdoors, and you have a phenomenon known as geocaching — and tourism promoters are catching on, hoping to cash in.

Some tourism groups have watched the geocaching trend blossom over the past decade, and are taking advantage of it to attract treasure hunters and their treasure.

The tools of the geocaching trade. THE CANADIAN PRESS

"There are a series of geocaches that have been set up in various locations with the express purpose of bringing people to that area," says John Robb, president of the Ontario Geocaching Association.

The Ottawa Valley Tourist Association, based in Pembroke, Ont., encourages visitors to pack their GPS units and head to Renfrew County, northwest of Ottawa, a region that has become a popular geocaching destination with more than 300 cache sites scattered throughout the area.

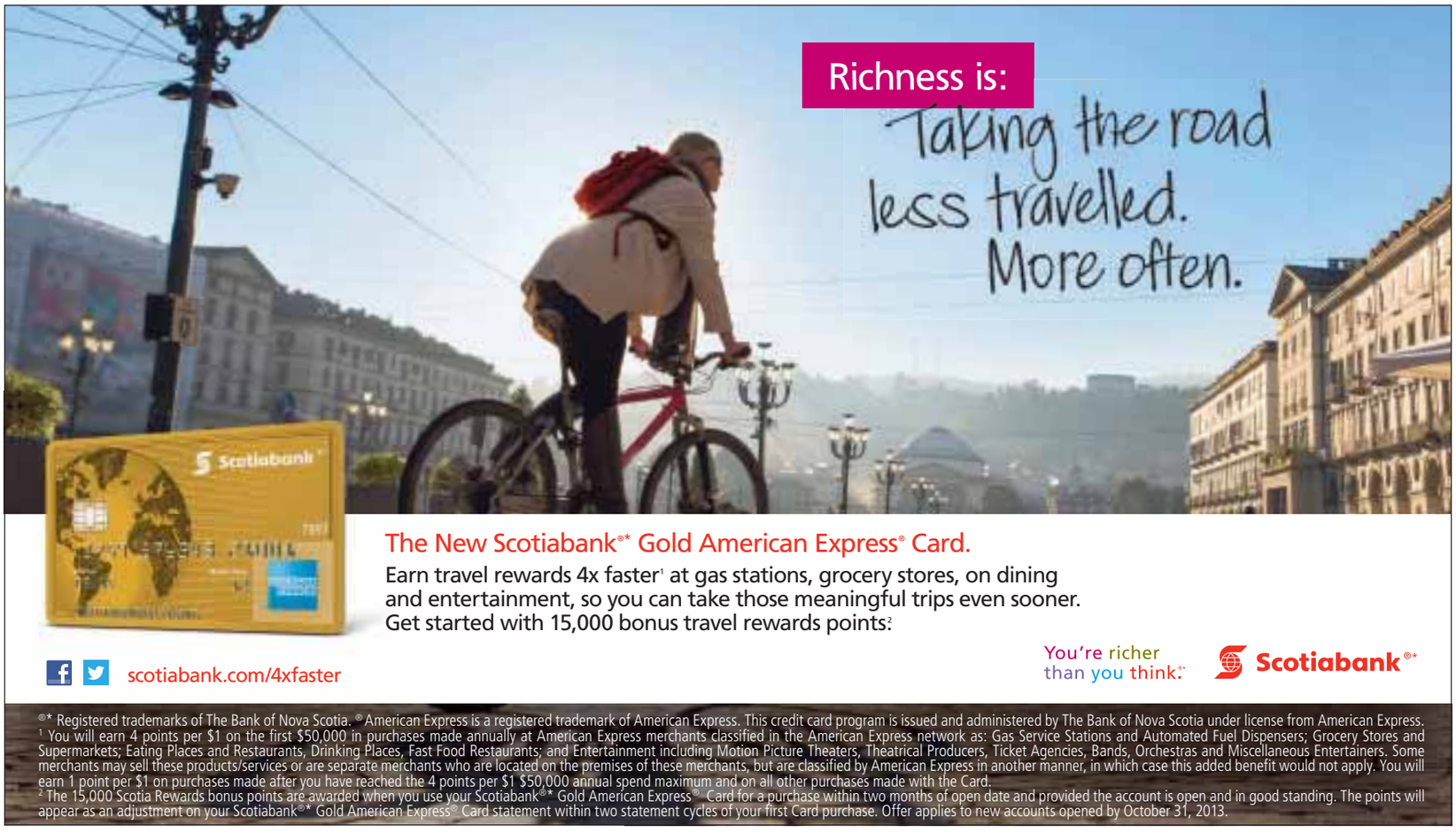
Forgot your GPS, or don't have one? No problem. The association, like others, will loan one with a damage deposit.

It has become big business.

"Anybody that does any level of geocaching will, at some point, travel to do geocaching," said Robb.

One of the largest annual geocaching events held in Canada is organized by the Central Ontario Geocachers. This year, hotels in and around Ontario's cottage country are expected to be inundated on June 15 by thousands of the sports enthusiasts for a hunt held at Geneva Park on the shore of Lake Couchiching, about 150 kilometres north of Toronto.

THE CANADIAN PRESS


Richness is:
Taking the road less travelled. More often.
Scotiabank
The New Scotiabank®* Gold American Express® Card.
Earn travel rewards 4x faster[1] at gas stations, grocery stores, on dining and entertainment, so you can take those meaningful trips even sooner. Get started with 15,000 bonus travel rewards points.[2]
scotiabank.com/4xfaster
You're richer than you think.®*
Scotiabank®*
®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.
[1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the Card.
[2] The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank®* Gold American Express® Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank®* Gold American Express® Card statement within two statement cycles of your first Card purchase. Offer applies to new accounts opened by October 31, 2013.

Mango Salsa Over Vermicelli: Sweet and savoury mash up

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

A fresh tasting summer pasta salad, this Mango Salsa Over Vermicelli is great for warm days. Add a grilled protein, such as fish or chicken, and you have a complete meal.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Rinse with cold water. Drain and set aside.

2. In bowl of food processor, combine mangoes, red peppers, onions, green peppers, oil, lemon juice, garlic and cilantro. Process on and off just until finely diced. Pour over pasta.

ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

This recipe serves six as an appetizer or four as a main meal. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Ingredients

- 8 oz vermicelli or other fine-strand pasta
- 1 3/4 cups diced ripe man goes
- 3/4 cup diced sweet red peppers
- 1/2 cup diced red onions
- 1/2 cup diced sweet green peppers
- 3 tbsp olive oil
- 3 tbsp lemon juice
- 2 tsp crushed garlic
- 1/2 cup chopped cilantro or parsley

Drink of the Week

Basil and Raspberry Smash

- 5 basil leaves
- 10 fresh raspberries
- 1.5 oz Luksusowa
- .5 oz simple syrup
- .5 oz cranberry juice
- Garnish: 2 fresh raspberries and a basil leaf

Muddle basil and raspberries gently in a short glass. Add all other ingredients and fill glass 2/3 with crushed ice. Mix well using a bar spoon and top up with ice.

RECIPE: MACIEK STAROSOLSKI, GLOBAL BRAND AMBASSADOR, LUKSUSOWA VODKA/ PHOTO: YBIMC

Metro Exclusive

Cooking with Vikram Vij, Part 2

It's time for a second helping. Metro and Vikram Vij are teaming up once again to give readers on opportunity to cook along with the renowned chef during a live webstream Thursday at 9 ET/6 PT at metronews.ca/vijcooklive.

Joining Vij as he prepares a Chicken Coconut Curry will be Dawn Chubai, from Citytv's Breakfast Television in Vancouver, and 11-year-old Liam Lewis, a food blogger who will act as a sous chef, helping to prepare the ingredients.

Plan to cook along with Vij? Here is your shopping list:

- 2 chicken thighs deboned, skin off, chopped
- 2 chicken breasts, skin off, chopped
- 1/2 tsp saffron (optional)
- 1/3 cup cooking oil
- 1 tbsp cumin seeds or black mustard seeds
- 1/2 tsp asafetida (optional)
- 2 tbsp finely chopped garlic (6 medium cloves)

Cook with Vikram Vij and Metro on Thursday. SUBMITTED

- 1 tsp turmeric
- 1 1/2 tsp salt
- 1 tsp ground cayenne pepper
- 2 tsp paprika (optional)
- 5 cups coconut milk
- 2 cups stock (chicken or vegetable)
- 1/2 cup chopped cilantro (optional)

Remember to visit metronews.ca/vijcooklive this Thursday at 9 ET/6 PT to cook along live with Vij. You will also be able to tweet him at #VijCookLive

METRO

TODAY IS
Tim Hortons
CAMP DAY
Buy a coffee. Make a donation.
Help send even more
kids to camp.
Today the entire proceeds from your coffee purchase, along with your donation, will help send more deserving kids to one of our six Tim Horton Children's Foundation camps across Canada and the United States.
Text CAMP to 45678 to donate $5
Coin images © 2013 Royal Canadian Mint – All Rights Reserved.
® Camp Day is a registered trademark of The TDL Marks Corporation.
© Tim Hortons, 2013

Don't bring the beach to your business: Shedding light on sunny-season attire

Who wears short-shorts? Perhaps you do on your off-time, but try to be mindful of making your co-workers uncomfortable

MARY WHEELER
Metro World News

It's finally summer, that sweet time of year when we get to shake off our winter doldrums and shed the extra layers of clothing we've been bundled in for the past six months. But though the long, hazy days ahead are synonymous with relaxation, this doesn't necessarily translate to your work wardrobe. It may be beach weather out there, but that doesn't mean you can start showing up to the office looking like you're headed to the shore. We asked four style experts in Boston to weigh in on the summer staples that are appropriate for the workplace and those you should save for those weekend seaside jaunts.

If your office is in the sand, dress in whatever duds you'd like. But chances are you've got people around you. Keep it professional! ISTOCK

Do: Coloured jeans
While jeans are typically seen as a "Friday only" look, a pair with a pop of colour is a great way to show off your personality. The right coloured jeans definitely do work at the office, says Dani McDonald, owner of Flock. "It's a great way to incorporate the colours of the season into your work attire," says McDonald. For a dressier look, McDonald recommends pairing your jeans with a silk blouse or a well-pressed shirt — with collar unbottoned at top.

Do: Florals
Think a fun floral print is too youthful for the office? Think again! "Floral (dresses) are on trend and work perfect for the office," says Ann Dingwell, owner of Turtle.

As long as the dress is the proper length, and not too low-cut, they're an office do, says Dingwell. To keep warm in AC blasted offices, Dingwell recommends pairing dresses with a jacket or lightweight cashmere cardigan. Guys may want to add a pop of colour with a floral tie design, perhaps a nice paisley.

Don't: Maxi dresses
While long, flowing maxi dresses are both incredibly comfortable and versatile enough for most occasions, they don't pass for professional office attire.

"Maxi dresses tend to (either) be a little too casual (think beach wear or bathing suit cover ups) or too dressy for a formal work environment," says Pam Santorelli, owner of Habit.

Santorelli recommends saving the maxis for the weekends, when you can dress them up — or down — as needed.

Do: Tank tops and T-shirts
Gone are the days when baring shoulders at the office was a no-no. Tank tops are great layering pieces for work, just remember to save the rib-knit tanks for the gym. "Tank tops in the office are a do if they're dressy," says McDonald.

To keep the look work appropriate, McDonald suggests something structured, like a peplum tank, paired with a skirt.

Guys may want to avoid a printed T-shirt, but a solid-coloured or patterned T worn with a cardigan or sports jacket offeres a light and fresh look.

Summer rules

Our experts also tell us that...

- If you're wearing open-toed shoes or sandals, a pedicure is a must, says Dingwell.
- You should invest in a good strapless bra. Bra straps, especially plastic, shouldn't be seen, says Benson.
- Lightweight dresses can be a little shear, so wear a slip, says Santorelli.
- If you're not a fan of denim, then coloured khakis are a great option, says Benson.

Don't: Shorts
While shorts can exude a preppy confidence, Emily Benson, founder and owner of The Fashion Truck, a mobile fashion boutique, recommends steering clear of them.

"There are few occasions and few styles of shorts that actually work for a business setting," says Benson. So when it's 90 degrees out there and pants just won't do, go for a dress.

Don't: Flip-Flops
While these casual sandals are many people's go-to footwear on a swelteringly hot day, flip-flopping your way to your desk won't win you any marks at the office. Flip-flops should be worn only at the beach, says Benson.

Guys, this goes for you too.

Gain Career Stability in Nine Months!
Become an Executive Assistant.
Classes start in September!
Check out www.westerveltcollege.com or call 226.289.2231

WESTERVELT COLLEGE

Calling it a career

Despatie retiring from diving

Three-time world diving champion Alexandre Despatie is retiring after an illustrious career that saw him burst on to the international scene as a 13-year-old phenomenon.

Despatie, 27, is the only diver to have won world championships in all three of the one-metre, three-metre and 10-metre events.

THE CANADIAN PRESS

Phone call recording

Prankster pair plead not guilty

Two Massachusetts men accused of secretly recording and selling a prank phone call involving two NFL general managers will remain free after pleading not guilty to federal wiretapping charges in New York.

THE ASSOCIATED PRESS

Murder case

Pistorius stoic in court hearing

Oscar Pistorius stood for his entire 15-minute court hearing Tuesday, staring straight ahead, hands clasped in front of him and giving away little emotion as the world got its first close up view of the double-amputee Olympian and murder suspect in nearly four months.

Pistorius faces a life sentence in prison, with a minimum of 25 years, if convicted of premeditated murder, the charge against him for the shooting death of Reeva Steenkamp.

THE ASSOCIATED PRESS

NHL playoffs. 'We gave them the game,' Crosby says

Sidney Crosby and Zdeno Chara mix it up during Game 1 on Saturday. THE ASSOCIATED PRESS

Sidney Crosby and the potent Penguins have been punchless.

Pittsburgh led the NHL in scoring in the regular season. It averaged 4.27 goals per game in the first two rounds of the playoffs. And it poured in 13 goals in the last two games of the Eastern Conference semi-finals.

Since then?

No addition necessary.

The Penguins have just one goal in two losses on their home ice to the Boston Bruins. To play there again this season, they must win Wednesday or Friday and avoid what seemed so improbable just a few days ago — being swept in the best-of-seven conference final.

"Right now, we're not liking the picture, down 0-2. They're in control," Penguins coach Dan Bylsma said. "I don't think we're frustrated by the fact that we haven't scored as much as (the fact that) they're getting up leads, especially in Game 2."

The Bruins won the opener 3-0 but led just 1-0 after two periods. The second game was much different. They rolled to a 4-1 lead after one period and remained aggressive in finishing off their 6-1 rout. The Penguins' effort waned as the game went on.

"I didn't do anything, didn't change anything. It felt like every time we had a puck that was bouncing, we ended up giving it away," Crosby said. "We gave them the game. We didn't really do anything to give ourselves a chance to win." THE ASSOCIATED PRESS

Federer a shadow of normal self in quarters

French Open. 17-time Grand Slam champ bids adieu following thrashing by Tsonga

A point from losing the first set of his French Open quarter-final, Roger Federer shanked a routine forehand, sending the ball 10 feet beyond the opposite baseline.

The Court Philippe Chatrier crowd roared with approval, then loudly chanted the last name of Federer's opponent, Frenchman Jo-Wilfried Tsonga.

That shot was a clear indication that Federer was hardly Federesque on this day. There were plenty of others: He argued with the chair umpire about a call. He dumped overhead smashes into the net. And in a truly rare ungraceful moment, he failed to put a racket to — or get out of the way of — a backhand flip by a sliding Tsonga, instead getting hit on the back.

All in all, Federer looked lost out there Tuesday against the sixth-seeded Tsonga, who pounded his way to a 7-5, 6-3, 6-3 victory over the 17-time Grand Slam champion in a one-hour, 51-minute mismatch remarkable for its lopsidedness and brevity.

"I struggled a little bit everywhere. To be honest, personally, I'm pretty sad about the match and the way I played. But that's how it goes. I tried to figure things out, but it was difficult. And Jo does a good job keeping the pressure on," Federer said.

"He was just ... better in all areas," continued Federer, whose lone French Open title, in 2009, allowed him to equal Pete Sampras' then-record of 14 major championships. "He returned better than I did. Served better than I did. I struggled to find my rhythm."

THE ASSOCIATED PRESS

It was not Roger Federer's day at the French Open on Tuesday — Frenchman Jo-Wilfried Tsonga beat him in straight sets. CLIVE BRUNSKILL/GETTY IMAGES

4 SPORTS

FATHER'S DAY WALK/RUN
Prostate Cancer Canada

Create a world without prostate cancer.

Take the first step. Register today!

FATHERSDAYWALK.CA

Sunday, June 16, 2013
5K Walk/Run • 2.5K • 1K Tot Run
TD Waterhouse Stadium

Proud Sponsors | ONE A DAY BOOST

DRIVE 5

2014 Mitsubishi Mirage

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Mitsubishi Mirage

- **Type.** Four-door, front-wheel-drive sub-compact hatchback
- **Engines (hp).** 1.2-litre DOHC three-cylinder (74hp)
- **Transmissions.** Five-speed manual; continuously variable (CVT)
- **Base price (incl. destination)** $13,000 (est.)

Design

The car is larger than the Chevrolet Spark, for example, in most key exterior measurements by five to 7.5 centimetres. However, it's more petite than other competitors, notably the Ford Fiesta, Honda Fit and Hyundai Accent hatches.

The dash is simple yet tasteful.

Fuel Economy

Contemplating a vehicle this small usually involves compromises and in the Mirage's case you give up room in return for exemplary fuel economy. Mitsubishi is estimating 5.3 l/100 km in the city and 4.4 in the highway. That beats the Chevy Spark's 6.3/5.1 rating and even surpasses the Smart Fortwo's 5.8/4.7.

Engine

The Mirage's pump-passing nature comes from a 1.2-litre three-cylinder engine that generates a modest 74 horsepower and 74 pound-feet of torque. Matched with it is your choice of a five-speed manual transmission or optional continuously variable unit (CVT).

Review. Yet another global small car finds a home in North America

MALCOLM GUNN
wheelbasemedia.com

It's lean times these days for Mitsubishi fans. With only a variety of Lancer and Outlander models plus the iMiEV electric car on showroom floors, product diversity is definitely lacking. Fortunately, some relief is at hand in the form of the 2014 Mirage sub-compact.

In the distant past, various Mirages were imported to North America wearing Mitsubishi, Dodge and Plymouth labels (Chrysler and Mitsubishi once worked closely together). That well dried up after the 2002 model year, but it will be at least partially replenished this fall by a small four-door hatchback that the automaker promises will be one of the most fuel-efficient non-hybrids you can buy.

The new five-passenger Mirage hatchback, currently manufactured in Thailand for Mitsubishi's European and Asian markets, is due here this fall.

A quick walk-around confirms that the vehicle's diminutive appearance is no, uh, mirage. The little zipper is perched low to the ground on tiny 14-inch wheels that would seem right at home on a Smart ForTwo. The rounded and somewhat stubby front gives the car a cute-in-its-own-way appearance that belies its wind-cheating drag coefficient. Although the front doors and liftgate are generously sized, smallish rear doors and a sloping roofline hamper three-in-a-pinch rear-seat access.

The interior appointments are simple, yet tasteful, with easy-to-read gauges and controls that gibe with the Mirage's practical nature. The 60:40 split rear seat can be folded down for added stowage (although you won't get a perfectly flat load floor), but even when occupied there's reasonable space for groceries and gear. Just don't plan to stash your golf clubs back there.

The trunk is space is decent considering the size of the car.

Since the sub-compact Spark is on-the-road base-priced at $13,350, it's likely the Mirage will undercut that, although there's no final word yet. The base SE actually comes with a decent list of features, such as tilt steering, keyless entry, power windows and outside mirrors, a 140-watt four-speaker audio system and an eco indicator that lights up when you're operating in a fuel-saving manner. The Mirage also has seven standard airbags, including a driver's knee inflatable.

Move up to the premium model and the content list is expected to include automatic climate and speed control, alloy wheels, steering-wheel-mounted audio switches, fog lamps and keyless entry and a start/stop button. The Mirage will never be confused for a junior-sized luxury car — leather seats, sunroof and other niceties aren't offered — but as a short-haul urban commuter it's the right car for the job.

Compare

1 Chevrolet Spark
Base price: $13,350

2 Scion iQ
Base price: $18,000

3 Fiat 500
Base price: $17,700

Horoscopes

♈ Aries
March 21 - April 20
You may prefer to hide than to deal with people who annoy you today. But that would be a shame because the planets indicate you have much to share, and much to gain from expressing your point of view.

♉ Taurus
April 21 - May 21
Someone you live or work with will test your willingness to stand up for what you believe over the next 24 hours. They don't know you as well as they should. A Taurus never gives in!

♊ Gemini
May 22 - June 21
You may be big and tough enough to face a worrying situation alone by there is no reason why you should. Call on friends and colleagues to back you up today.

♋ Cancer
June 22 - July 23
A loved one is eager to kiss and make up and, deep down, so are you. Get over your hurt feelings and get back together. And remember: Everyone falls out occasionally.

♌ Leo
July 24 - Aug. 23
According to the planets, affairs of the heart need extra attention today, as do friendships that seem to be drifting apart. The upcoming new moon can heal any rift. But first that has to be your desire.

♍ Virgo
Aug. 24 - Sept. 23
Most people respond well to reason but one person is behaving so badly that you may have no choice but to lay down the law. No one plays hardball better than a Virgo.

♎ Libra
Sept. 24 - Oct. 23
If someone offers you advice today, you would be wise to listen and, if possible, take action. The last thing they want is to see you make a silly and costly mistake — and you don't want to see it either.

♏ Scorpio
Oct. 24 - Nov. 22
An opportunity to improve your status at work looks tempting but the planets warn it will mean a lot of extra responsibility and you already have too much on your plate.

♐ Sagittarius
Nov. 23 - Dec. 21
Your plans for the day should be based on what interests you, not on what other people expect of you. If you let them tell you what to do once, they will do it again and again.

♑ Capricorn
Dec. 22 - Jan. 20
You may be doing well but you are also worried that the more you gain, the more likely it is someone will come along and take it away from you. That's far too negative an attitude — and far too materialistic.

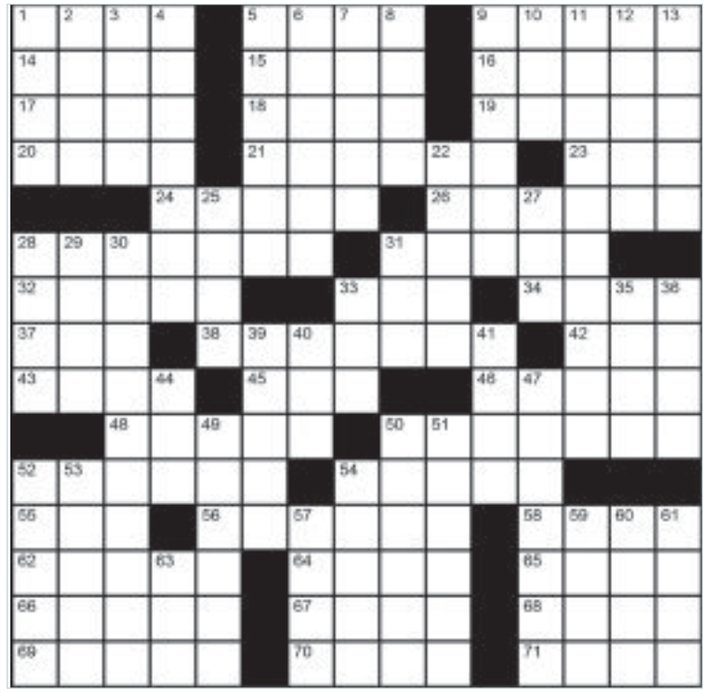
♒ Aquarius
Jan. 21 - Feb. 19
Routine tasks will come easy to you today and you will feel immensely pleased with yourself when it's all done. You will also be entitled to take it easy this evening, maybe in the company of a special friend.

♓ Pisces
Feb. 20 - March 20
If you have something to say, you must speak up. According to your solar chart, a frank exchange of views is not just an option but a must. Without it, confusion and bad feelings will continue. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

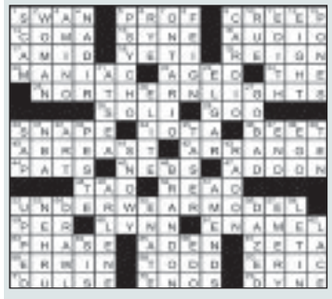
BY KELLY ANN BUCHANAN



Across
1. Fermented honey drink
5. Matt of jazz in Canada
9. Berry
14. "ER" complaint
15. Empire of yore
16. Kind of wall†hanging
17. Restaurant bigwig
18. Go to and fro
19. Not that much
20. Organism body
21. Champagne/orange juice drink
23. Madhouse
24. Necklace fastener
26. Sports team participant
28. Be left-on-the-counter-too-long bread: 2 wds.
31. Climbing leguminous plant
32. Mythology: Rarified fluid
33. Poetic contraction
34. Geological periods
37. "Murder, __ Wrote"
38. Canadian singer of "Sometimes When We Touch": 2 wds.
42. Kind of small deer
43. Highway honker
45. Farm fluff
46. Put out
48. 1940s jazz
50. "Working for the __" by Loverboy
52. Edvard Munch painting, The __
54. Barry Manilow song
55. Romance
56. Dismount the bus or train: 2 wds.
58. Thingy like this: _____
62. Melanie Griffith movie, "A Stranger __ Us" (1992)
64. Bit of knowledge
65. Concept
66. Orange __ tea
67. Computer company
68. "__ the time!" (Go for it!)
69. Place
70. Gave the once over
71. "Anything __?"

Down
1. PC alternatives
2. Lingering sound
3. "Excuse me..."
4. In†reality: 2 wds.
5. Gloomy
6. Foolish
7. Rapscallion
8. Send to the boxing - d.1912)
22. Participate in a bee
25. Grease
27. Superstar
28. Hollywood legend Lillian
29. Resort in Jamaica, __ Rios
30. Quebec locale of Bishop's University
31. Lucky number, ancient Rome style
33. Your, Bible-style
35. Adjective's friend
36. Sunflower what?
39. "Oh, give me _ __ where the buffalo..."
40. Log Z's
41. Wasn't truthful
44. Wedding announcement word
47. Toronto's has the CN Tower in it
49.Prepped groceries at the cash
50. Breakfast appliance, __ iron
51. Wrap with a covering
52. Changes for another
53. Space object
54. It makes the world go round
57. Detergent brand
59. British rocker Billy
60. Huey Lewis & The ___
61. Alleviate
63. "Never." = "__ _ thousand times."

Yesterday's Crossword



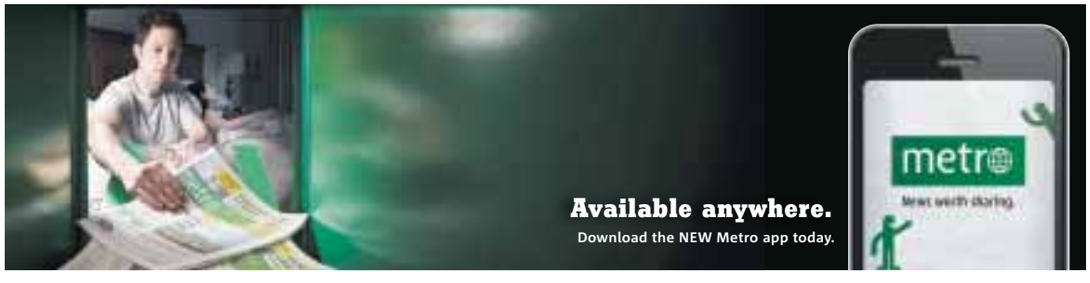
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8				5				9
1		6		2		5		7
		5	6		8	3		
7								1
			5		9			
5								3
		3	7		4	9		
9		2		1		7		8
4				9				6

Yesterday's Sudoku

7	5	3	8	4	2	9	6	1
1	2	8	5	9	6	7	4	3
6	4	9	7	1	3	5	8	2
9	1	7	6	5	8	2	3	4
4	3	6	2	7	9	8	1	5
2	8	5	4	3	1	6	7	9
8	7	4	3	2	5	1	9	6
5	6	1	9	8	4	3	2	7
3	9	2	1	6	7	4	5	8



CHEVROLET

MILES PLUS EVENT

AIR MILES® Travel and More

EARN UP TO **3,000** AIR MILES® REWARD MILES∞

+ **0%** FINANCING UP TO **84** MONTHS ON SELECT MODELS‡‡

2013 SONIC SEDAN LS

FINANCE

$68 @ 0% FOR 84 MONTHS‡

BI-WEEKLY. **$0** DOWN PAYMENT. TAXES NOT INCLUDED.
OFFERS INCLUDE FREIGHT, PDI & LEVIES. PURCHASE PRICE $15,145*

PLUS ELIGIBLE RETURNING CUSTOMERS RECEIVE $1,000¥

+ AIR MILES® Travel and More **1,000** AIR MILES® REWARD MILES∞

- BLUETOOTH®
- POWER DOOR LOCKS
- REMOTE KEYLESS ENTRY
- TRACTION AND STABILITY CONTROL

LTZ††

2013 CRUZE LS

FINANCE

$78 @ 0% FOR 84 MONTHS‡

BI-WEEKLY. **$0** DOWN PAYMENT. TAXES NOT INCLUDED.
OFFERS INCLUDE FREIGHT, PDI & LEVIES. PURCHASE PRICE $16,395*

PLUS ELIGIBLE RETURNING CUSTOMERS RECEIVE $1,000¥

+ AIR MILES® Travel and More **1,000** AIR MILES® REWARD MILES∞

- BEST-IN-CLASS SAFETY♠ WITH 10 AIRBAGS
- POWER WINDOWS
- POWER DOOR LOCKS
- REMOTE KEYLESS ENTRY

LTZ††

2013 EQUINOX LS

FINANCE

$154 @ 0% FOR 84 MONTHS‡

BI-WEEKLY. **$0** DOWN PAYMENT. TAXES NOT INCLUDED.
OFFERS INCLUDE FREIGHT, PDI & LEVIES. PURCHASE PRICE $27,995*

PLUS ELIGIBLE RETURNING CUSTOMERS RECEIVE $1,000¥

+ AIR MILES® Travel and More **1,000** AIR MILES® REWARD MILES∞

- BLUETOOTH® WITH USB
- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- POWER WINDOWS & LOCKS
- BEST-IN-CLASS REAR SEAT LEGROOM♦

LTZ††

THE NEW 2013 TRAX LS

PURCHASE PRICE

$19,995*

OFFERS INCLUDE FREIGHT, PDI & LEVIES.

+ AIR MILES® Travel and More **1,000** AIR MILES® REWARD MILES∞

- BLUETOOTH® WITH USB
- 10 AIRBAGS
- POWER WINDOWS
- POWER DOOR LOCKS
- REMOTE KEYLESS ENTRY

LTZ††

THE NEW 2013 TRAVERSE LS

PURCHASE PRICE

$30,995*

OFFERS INCLUDE FREIGHT, PDI & LEVIES AND $3,000 CREDIT*

+ AIR MILES® Travel and More **3,000** AIR MILES® REWARD MILES∞

- BACKUP CAMERA
- COLOUR TOUCH SCREEN DISPLAY
- BLUETOOTH® WITH USB
- 6-SPEED AUTOMATIC TRANSMISSION
- AIR CONDITIONING
- POWER WINDOWS & LOCKS

2LT††

TO GUARANTEE OUR QUALITY, WE BACK IT **160,000-KM/5-YEAR** POWERTRAIN WARRANTY
Whichever comes first. See dealer for limited warranty details.

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES.
Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

ONTARIOCHEVROLETDEALERS.COM

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2013 Chevrolet (Sonic Sedan LS G-BBP5/Cruze LS G-BBP8/Equinox LS FWD G-BBQG/Trax LS FWD 1SA/Traverse LS FWD G-BBQJ). ‡0%/0%/0% purchase financing offered by GMCL for 84/84/84 months on 2013 Chevrolet (Sonic Sedan LS G-BBP5/Cruze LS G-BBP8/Equinox LS FWD G-BBQG). O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0% APR, monthly payment is $119.05 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Monthly/Bi-weekly payments based on a purchase price of $12,395/$14,145/$27,995 with $0 down payment. ♦$3,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2013 Chevrolet Traverse LS and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. */‡/♦Freight & PDI ($1,500/$1,550/$1,550/$1,550/$1,550), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2013 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ♠Comparison based on 2012 Wards segmentation: Middle/Cross Utility Vehicle and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ††2013 Sonic Sedan LTZ, MSRP with freight, PDI & levies $22,699. 2013 Cruze LTZ, MSRP with freight, PDI & levies $28,139. 2013 Equinox LTZ FWD, MSRP with freight, PDI & levies $37,699. 2013 Trax LTZ FWD, MSRP with freight, PDI & levies $29,074. 2013 Traverse 2LT FWD, MSRP with freight, PDI & levies $41,819. Dealers are free to set individual prices. ∞Valid at participating GM dealerships in Canada only. Retail customers only. Offer ranges from 750 to 3,000 AIR MILES® reward miles, depending on model purchased. No cash value. Offer may not be combined with certain other AIR MILES promotions or offers. See your participating GM dealer for details. Offer expires July 2, 2013. Please allow 4–6 weeks after the Offer end date for reward miles to be deposited to your AIR MILES® Collector Account. To ensure that reward miles are deposited in the preferred balance, Collector should ensure his/ her balance preferences (AIR MILES® Cash balance and AIR MILES® Dream balance) are set as desired prior to completing the eligible purchase transaction. GMCL may modify, extend or terminate this Offer for any reason in whole or in part at any time without notice. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. and General Motors of Canada Limited. ‡‡0% offers available until July 2, 2013 participating lenders are subject to change. 0% purchase financing offered on approved credit by RBC Royal Bank/TD Auto Finance Services/Scotiabank for 84 months on new or demonstrator 2013 Chevrolet (Sonic LS 1SA, Cruze LS 1SA, Equinox LS). Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $25,595 at 0% APR, the monthly payment is $304.70 for 84 months. Cost of borrowing is $0, total obligation is $25,595. Offer is unconditionally interest-free. Offers apply to qualified retail customers only. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ¥Offer only valid from April 2, 2013 to July 2, 2013 (the "Program Period") to retail customers resident in Canada who own or are currently leasing (during the Program Period) a Chevrolet Aveo, Cobalt, Cavalier, Optra, Saturn Ion, Astra, S-Series will receive a $1,000 credit towards the purchase, lease or factory order of an eligible new 2013 Chevrolet Sonic or Cruze. Retail customers resident in Canada who own or are currently leasing (during the Program Period) a Chevrolet Equinox, Tracker or Saturn Vue will receive a $1,000 credit towards the purchase, lease or factory order of an eligible new 2013 Chevrolet Equinox. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details.